

# 11 ways to rest and recharge during the school holidays

See [Ingrid Delange's blog post](#) for more inspiration!



1

Step away from work and electronic devices



2

Go out and do something completely non-routine



3

4

5

Reconnect with nature, enjoy the sunshine and be in the moment



6

Catch up on your sleep (but don't oversleep!)



7

Have some unapologetic 'me time'



8

Rediscover cultural or artistic experiences



9

Exercise and have fun



10

Express your own creativity



11

Choose quality over quantity